



NOTE: In All Honesty is a theatrical podcast produced for the ear and designed to be heard, it features both spoken word and music. The following transcript has been made available for the hard of hearing and to increase accessibility to our podcast. If you are able we strongly encourage you to listen to the audio, which includes emotion and emphasis that's not on the page. Episodes are transcribed by the creatives behind the podcast, and may contain errors. Please check the corresponding audio before quoting in print.

- EPISODE 4 – THE GOODBYE -

[GILLIAN SPEAKS] This project has been produced and recorded on the lands of the Woi Wurrung, Boon Wurrung, and Wathaurong peoples of the Kulin Nation. We pay our respects to Elders past, present and emerging, and welcome all First Nations people listening today. We acknowledge the rich history of story-telling and music within this culture.

[IN ALL HONESTY THEME MUSIC BEGINS]

Hi there, and welcome to In All Honesty. I'm Gillian Cosgriff, and I have composed and performed the music in Season 1. This is a podcast that allows people to share experiences they've been through, that society doesn't like to talk about.

There's no interviewer, there's no questions and there's no prompts. We send our storyteller away with a recording device and they get to tell their story on their own terms. These are stories you don't get to hear every day. If you haven't already we recommend you go back and start from episode 1 so you're getting the full story.

There are some swearwords in this podcast and as a content warning we'll be discussing still birth, pregnancy loss and dealing with losing a child. If you need to talk to anyone about anything you hear today you can contact Life Line on 13 11 14 or check our show notes for additional resources.

Thanks for listening –

[THE GOODBYE]

[BERT SPEAKS] Uh so.....let's forward...10 days, um after Meg's birth...to the day we said goodbye. Umm

[MUSIC BEGINS]



it was a (sucks teeth) I don't really know how to put it. It, it was a... strange isn't the right word...um, it wasn't even awful it was....I s'pose surreal, it was surreal. It was very surreal.

[BERT SPEAKS AND GIRL SINGS] You're not meant to bury your children. That's...for certain.

[GIRL SINGS] SUNG: You're not meant to bury your children. That's for certain. You're not meant to bury your children.

[BERT SPEAKS] Yeah, you're not meant to bury your children. Um...the day started...normally. Olly came into bed. Had a cuddle. Got him his weet-bix. Um, thankfully he had childcare that day, actually I'm pretty sure we worked out, to have the ah, funeral on a day that he had childcare....um. It was only attended by myself, Amanda's parents, my parents,and our siblings I'm pretty sure. Yeah there was, just our siblings...ah and, and their partners obviously, their husbands, my, my brother in-laws and sister in-laws. Um there's probably twenty of us in there. It was a beautiful service, Amanda and I both spoke, we wanted to both speak. Um we felt like it was good part of the healing process for ourselves and um.. it was a good part of ah... the journey of being able to say goodbye...

So...(laughs) so humans are funny. It's a funny thing, grief because, life goes along, pretty okay most of the time, I mean I know right now we're going through this thing, that the entire world is going through and no-one was expecting it and no-one was prepared for it and it was very sudden and went BANG! There we were with just this...entire...um collection of emotions that would...and...we're all shoved into our homes and you had to deal with all that stuff on your own. So, so you're never expecting grief, it's like when you know, you hear a friend has...taken ill, or, or ah...good couple a couple that you know, have, all of a sudden broken up out of nowhere and you're thinking, how in the hell did that happen? Or...or someone's died. Or someone has been in a car accident. We're never ever prepared for it. You know and we should be. Realistically, because if things are going along pretty well in life, you gotta expect that some point that the balance, that you know that, I - life is a balance, and....that the universe has to balance itself out as well...I, I'm not a



chaotic believer in that, I'm not like...you know I don't align all my magnets and burn all my candles together, but I do believe that, the energy you emit in the world and emits back is balanced, and if you give, you receive and if you just take...eventually it'll all be taken. Umm so you've gotta...you gotta pay, you gotta the ferryman I guess. You gotta pay the piper a little bit.

So um, I know that's a really grim way of looking at what happened to us but,

[BERT SPEAKS AND GIRL SINGS] I feel like it was like it balanced our life out. As fucked as that is!

[GIRL SINGS] I feel like it was like it balanced our life out. As fucked as that is!
(REPEATS)

[BERT SPEAKS] It's the most fucked way to balance your life out to be perfectly honest, but for us, it, it maybe way, way more fucked ways for that to happen for a lot of people, and I'm sure there are. I'm sure the...and I know...wa..I'm not sure, I know that people've, had far worse things happen to them in their lives and far worse things to deal with and, through all of that, we always had a roof. Food. Family. Love and care. And a job. And each other. And so many things that so many people don't have. So you know I'm not complaining, I'm just saying, there's a balance to to how it all worked out.

Umm so yeah I guess my point was, we're not prepared for this shit. Ever, when it comes. And I feel like that's a real, Its a real chink of armour in the human nature, because we should be prepared for this stuff more. Not not, we should be wanting bad...but, I feel like we should be born with more... more of a gene where we can process this stuff better. Um...

[BERT SPEAKS AND GIRL SINGS] but I guess that's ...what makes us human. That we all deal with it in different ways...and...

[GIRLS SINGS] There's a balance to how it all works out. We're not prepared for this shit ever... when it comes. I guess that's what makes us human. I guess that's what makes us human. *humms*



[BERT SPEAKS] I'm getting so off the topic, I'm sorry. I've become really whimsical. What a wanker....um so anyway.

The day was lovely...eh...a...as it could be. You know we had...a couple of songs. Ahh we had it in the funeral home we didn't have it in a church or anything um, we had a Catholic priest preside over it because, that's what Amanda wanted, um even though we don't 'practice' anymore, there's something that she hold onto which...I respect.... wholeheartedly because I could never do it. We were both brought up Catholics but...and we send our kids to Catholic schools, mainly because it's a good education but, I..III (chuckles) have one son who says prayers when he goes to bed and one son and one son who...can't bear the thought of anything to do with the Catholic church but he's nearly out so I guess that's his want right now, he's....making a more informed decision. Um and I have a wife who still has a strong faith in...her god but not in....the institution it comes from. If that makes any sense.

Um I don't know what I believe in. I believe in something....I believe... um... sorry... phwoar. I believe there's something else going on because, that's the only way I can... umm... come to the fact that... she's still communicating with me. Cos she is like... I'm not crazy... oh sorry. Ah um sniffs ...she really is. Constantly...and it's not just in, in the rain, it's also.... oh my God, I can't believe what I'm about to say, but I am gonna say it, it, it's also in butterflies. She's...yeah, she's in butterflies. Oh I sound like a fucking hallmark card it's ridiculous - ah but it's true. It um...as another symbol ...a butterfly appeared... on her grave as it was lowering into the ground. Um\m, and butterflies have appeared ever since. And when we're talking about something in the garden, all of us and, or we'll be having a moment together as a family in a park or...anywhere, I know they're everywhere and it's, it... it can be, it could be so coincidental - I really know this. I sometimes think to myself, maybe it's a coincidence?

But it's happened too many times, in poignant moments...and these...and not the little white ones either, not just the standard white garden variety, the really colourful ones come and land somewhere right...either on our blanket or on the basketball pole where the boys are... you know it's ah...it's a thing. But I just



remember... they say a piece of you goes when someone goes in your life that means a lot to you... now I never knew my daughter I, I...I knew her for two days. And for those two days she was deceased. But... we formed a bond, like we did. Like it was real... and... I know she's looking after.....us, I know she is. And maybe that's just what gets me by, I...I didn't think this'd be so hard to tell - this story, I really didn't after this long but, um...I know, know she is, I know she does. And when that coffin went down...that's when that piece that...that people talk about the piece of your heart going, it...it literally left my body. It literally left and went with her. And so there'll always be this little hole in there... and... it's kind of ok, it's kind of... it's kind of great that it's left open, there's a little piece that's missing or there's a little hole in it because - little things like the rain and the butterflies...and just moments, where the sun shines when it shouldn't be...where I'm looking up and thinking...I know mate, I know it's you, It completely fills that gap. For a moment, not forever just for a moment. And I don't think I ever want it to be filled forever because, if it is then, I think it'll stop. And I don't ever want it to stop... ever.

[MUSIC CONTINUES AND FADES]

[GILLIAN SPEAKS] Thanks for listening.

[IN ALL HONESTY THEME MUSIC PLAYS]

If you've enjoyed this episode make sure to hit subscribe to hear the rest of this season of In All Honesty, you could also give us a review or even tell a friend to their face. As always if you need to talk anyone about anything you've heard today you can contact Life Line on 13 11 14 or check our show notes for additional resources.

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